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INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 2** A New Online Resource
- 3** Last General Meeting
- 3** PCC's Expert Angle Webinars
- 4** Upcoming Meetings / Events
- 5** Rock the Road Raffle
- 6** Movember 2018
- 6** Triple Your Donation to PCC
- 7** Our Brother Groups
- 8** Recently Diagnosed?

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Please Consider Volunteering

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PCCN Brampton News

Our November 13th meeting at **Wellspring Chinguacousy** attracted twelve members and guests. **Dr. Stuart Edmonds** from **Prostate Cancer Canada** updated us on the progress being made in prostate cancer research and covered some of the questions that have yet to be addressed.

Please plan on attending our **Christmas Social Evening** on December 11th. We are bringing in food from the Mandarin Restaurant for a modest donation (\$5-\$10). All are welcome.

Note that there is another event being held in the basement room that we normally use for our meetings. Wellspring Manager **Alex Smith** has apologized for the inadvertent double-booking of the space and has kindly made the entire upstairs available to us.

This actually works out better for us: We will set up the meal in the kitchen area and you will be free to sit wherever you wish for the rest of the evening. Carrying the food downstairs and setting it up there would have been rather awkward and potentially messy.

At least one cheque presentation will take place – our usual annual donation to Prostate Cancer Canada. **Anne Breakey Hart** from PCC will join us this year.

We will make several presentations to outstanding volunteers as well this year, subject to their availability and usable space and time at Wellspring.

Please do come out and join us this year. If you have not been there yet, we want you to see the Wellspring facility and get some feel for the ways in which PCCN Brampton and Wellspring can work together for the benefit of those affected by prostate cancer. And we want to get to know you all better.

The Steering Committee members all wish you the Merriest of Christmases and a Happy and Health 2019!

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, December 11th, 2018 – 7:00pm

This is our annual **Christmas Social Evening**, with no scheduled speaker. It will be a relaxed evening of visiting with members new and old and catching up. **Anne Breakey Hart** of **Prostate Cancer Canada**, will formally accept our annual donation.

You can also purchase **Rock the Road Raffle** tickets from Anne this year. Price is \$25 per ticket or three for \$60. Cash only, please! See the grand prize Acura NSX details on Page 5.

The Steering Committee has again voted to bring in Chinese specialties from **Mandarin Restaurant**. As we requested last year:

- ALL members and guests **MUST RSVP** so that we can order enough food.
- By popular request, we welcome your free-will donations to help defray the cost.

Please keep in mind that while the Mandarin is noted for its buffet, what you will see on the serving tables is what we have for all to share. There will be no courteous staff restocking empty containers.

PLEASE R.S.V.P. to GARY FOOTE @ 905-458-6650 OR EMAIL info@pccnbrampton.ca

We look forward to seeing you at **Wellspring Chinguacousy Prostate Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7. The building is located west of Torbram Road and south of Father Tobin Drive.

Parking is plentiful, well lit and free - and there is **an elevator!**



Last General Meeting, Tuesday, November 13th, 2018



Dr. Stuart Edmonds, Vice President, Research, Health Promotion and Survivorship at Prostate Cancer Canada, “Progress in Prostate Cancer”.

Dr. Edmonds described the relationship between Prostate Cancer Canada and the **Movember Foundation**, the largest source of funds for PCC’s many valuable research projects.

To date, nearly \$100,000,000 in ground-breaking research has been funded by this partnership.

The process of identifying those projects worth

pursuing then funding and following up on them is rigorous and time-consuming. Not every project succeeds.

He went on to describe research projects past, present and future that seek to find better ways to diagnose and treat prostate cancer, whether it be low-risk, intermediate-risk or advanced.

Current research is aimed at identifying how well men respond to treatment and which treatment option is best suited to each individual. Both life expectancy and quality of life are of concern. There is much yet to be discovered.

PCC’s Expert Angle Webinars

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Past and future webinars will continue to be listed in three categories at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

You will be asked to register for each session, but rest assured that “no salesman will call.” Once registered for a session, you can view it whenever you want as often as you require.

Recordings of past full-length Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**. Note that you do not need to register to view these older webinars.

If you decide to subscribe to the monthly e-newsletter on the “**Tune In**” page, you will be advised of future Expert Angle Webinars well ahead of time.



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, January 8th, 2019
Annual Stop/Start/Continue Meeting.**

**Tuesday, February 12th, 2019
Annual Sharing Meeting.**

**Family Day Weekend, Friday, February 15th to Monday, February 18th, 2019
Prostate Extreme Team 14th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2019_ont_sled.html**

**Friday, March 8th to Sunday, March 10th, 2019
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>**

**Tuesday, March 12th
Speakers & Subjects To Be Announced.**

**Tuesday, April 9th, 2019
Speakers & Subjects To Be Announced.**

**Tuesday, May 14th, 2019
Speakers & Subjects To Be Announced.**

**Tuesday, June 11th, 2019
Annual End of Season Social Evening.**

NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know that “preaching to the converted” is pointless.

Please, please, PLEASE share your interests and suggestions with us!

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

**Jim Dorsey, Acting Speaker Coordinator:
(905) 453-3038 or Email: jfdorsey@yahoo.com**



[Rock the Road Raffle 2019](#)

The most valuable car ever to be offered in **Prostate Cancer Canada's** annual **Rock the Road Raffle** will be given away at the **2019 Canadian International AutoShow**.

Once again generously donated by the **Trillium Automobile Dealers Association (TADA)**, this year's grand prize is a beautiful red **2018 Acura NSX**, valued at **\$235,158.65**. The six previous Rock the Road Raffles have raised \$1.8 million for research and support services funded by Prostate Cancer Canada.

"Rock the Road Raffle is an extremely important way to raise funds so we can make a difference in the lives of the one in seven Canadian men and their families facing a prostate cancer diagnosis," says Peter Coleridge, President and CEO, Prostate Cancer Canada. ***"TADA has gone above and beyond with the highest sticker price yet for a raffle car. It will be exciting to see one lucky person drive away from the AutoShow in this incredible vehicle."***

Tickets for the 2019 Rock the Road Raffle are available until February 21, 2019, at www.RockTheRoadRaffle.ca, by calling 1-855-441-1267 or in person at the Canadian International AutoShow. **The draw will take place at noon on February 22nd** at the AutoShow. **Tickets cost \$25 each or three for \$60.** We also hope to have tickets available at our December 11th Christmas Meeting.



Photo credit: www.topspeed.com



PCCN Brampton Bram-O-Gram

MOVember 2018



Remember that the **Movember Foundation** is **Prostate Cancer Canada's** largest single sponsor and has provided tens of millions of dollars for critical research projects over the years. Their website home page headlines states their mission: ***Stop men dying too young. Donate this Movember for all the dads, brothers, sons and friends in your life. Together we can make a difference for men's health – in prostate cancer, testicular cancer, mental health and suicide prevention.***

As mentioned last month, **Daniel Goodland**, the son of **Rufus and Patricia Goodland**, walked every day to promote his participation in MOVember, despite his own painful issues with Multiple Sclerosis. Since 2011, he has raised a total of \$5,497 for Movember. This year he also won a Blue Jays chair and a mug for his efforts. At left, Daniel sports a "Half Mo" in honour of those men who have lost their lives to prostate cancer, testicular cancer or suicide.

[Daniel's donation page](#) states "***My biggest reason for doing this is my Dad - a prostate cancer survivor! Donate to my #MOVember effort and let's change the face of men's health!***"

Daniel more than doubled his original goal of \$750 while his team, **Edelweiss Tavern Schnurrbarte**, has earned \$97,314 of their \$100,000 goal for this year. We encourage you to support Daniel in his efforts. Donations will be accepted online until December 10th.

[Triple Your Donation to PCC Until December 31st](#)

If you prefer to donate directly to Prostate Cancer Canada, you can do so, either [online](#) or by contacting

Prostate Cancer Canada
2 Lombard Street, 3rd Floor
Toronto Ontario M5C 1M1
Telephone: 416-441-2131

During the month of December only, **your gift TRIPLES** to support life-saving research and treatment, thanks to a generous \$100,000 matching gift from the **Labourers' International Union of North America (LIUNA)**.



[Our Brother Groups – Other Local PCCN Chapters](#)

Our friend **Walter Eadie** of [PCCN Oakville/Mississauga](#) has emailed a summary of recent articles of interest including:

A new study claims that external radiation with a brachytherapy boost and ADT is the best treatment for Gleason 9 and 10 PC: <https://jamanetwork.com/journals/jama/fullarticle/2673969>

Conclusions: Among patients with Gleason score 9-10 prostate cancer, treatment with EBRT+BT with androgen deprivation therapy was associated with significantly better prostate cancer-specific mortality and longer time to distant metastasis compared with EBRT with androgen deprivation therapy or with RP.

Is MRI better than Biopsy?

A recent study published in The Lancet Oncology basically concludes that we need both. They compared targeted biopsy based on MRI with regular 'systemic' biopsy. Of the patients where cancer was detected, two-thirds was found by both methods but some was only found by one or the other. So they conclude that an MRI prior to biopsy can improve detection but does not avoid the need for a systemic biopsy as well. [https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(18\)30569-2/fulltext](https://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(18)30569-2/fulltext)

Attention Snowbirds: Prostate Cancer Today – a Conference for Patients and Caregivers, March 2nd in Ft Myers, Florida (Contact Jim Dorsey for more information if interested).

Filed Under “Tell Us Something We Didn’t Know” – a recent study published in **European Urology** states that “despite the advancements in surgical and postoperative care, erectile function outcomes (i.e. the probability of regaining potency after surgery) have not improved over the last decade”

Online Androgen Deprivation Therapy Educational Program in Canada - A national, online educational program is now available for prostate cancer patients who are about to start or have been on androgen deprivation therapy (ADT). The program is hosted by the Prostate Cancer Centre in Calgary and is currently supported by Astellas and AbbVie.

- This program is ideally for patients who are about to start ADT, but patients who have been on ADT are also welcome. Partners of patients on ADT are encouraged to attend also.
- Class structure: A single, 1.5 hour online webinar. Sessions are offered every 3 weeks as an interactive, facilitated class via the GoToMeeting platform. Canadian patients will also receive a free copy of the book: "*Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones.*"
- The next online session will be held on December 13th at 3 pm Pacific time.
- How to register: You can fill in a form on the home page of www.LifeOnADT.com or send an email to LifeOnADT@gmail.com.



Recently Diagnosed? Contact PCCN Brampton

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you are a first-time attendee. One of our peer counsellors will welcome you and listen to your concerns. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the **Wellspring Chinguacousy Cancer Support Centre**.

Steering Committee Meetings are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

Family members, friends & supporters are always welcome at any of our Meetings!

Jim Dorsey: (905) 453-3038

PCCN Brampton Voice Mail: (905) 458-6650

Note that we accept phone calls and one-on-one discussions throughout the year.

If no one is available to take your call, **PLEASE** leave a voice mail and we will return your call as soon as possible.

Regular “Snail Mail” Costs Money – Please Consider Email

Regular printing and mailing now costs us well over a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact: Gary Foote, 905-458-6650, E-Mail: visact@rogers.com

If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>